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FIRST SERIES
OF
Francis Bell
Clubs, Wands,
Dumb Bells

AND
PARLOR QUARTER STAFF,
OR
ATTACK AND DEFENCE.
BY
STAFF-SERGEANT T. PARR,

INSTRUCTOR TO THE
COLLEGE OF PEDAGOGY, NORMAL AND MODEL SCHOOLS, TORONTO.

AUTHORIZED BY
THE MINISTER OF EDUCATION.

TORONTO:
ROWSELL & HUTCHISON, PRINTERS.
1894.

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NOTE.

As I have been asked by hundreds of students that have attended the College of Pedagogy and the Normal School to place my figures in fancy drill, dumb bells, wands, clubs, etc., in book form, I have done so for the benefit of them and others who may come after.

WANDS.

1. The position of the wand at the shoulder : Held by the forefinger and thumb of the right hand, about six inches from the lower end.

2. The ready position, is the wand held by both hands ; the hands to be about as wide apart as the shoulders ; both arms at the full extent ; wand touching the lower limbs. The lines should be four paces apart.

CLUBS.

1. The positions with clubs are, the order, at the side, the carry, arms at the half bend, the slope, clubs resting on the shoulders, from the carry.

DUMB BELLS.

1. According to the different exercises, sometimes on the floor, at others one in each hand.

As this drill is only for the students attending the School of Pedagogy and the Normal School, I do not deem it necessary to give the details of the different movements, as students of the coming session will go through them, and those who have passed through can take them as a reference.

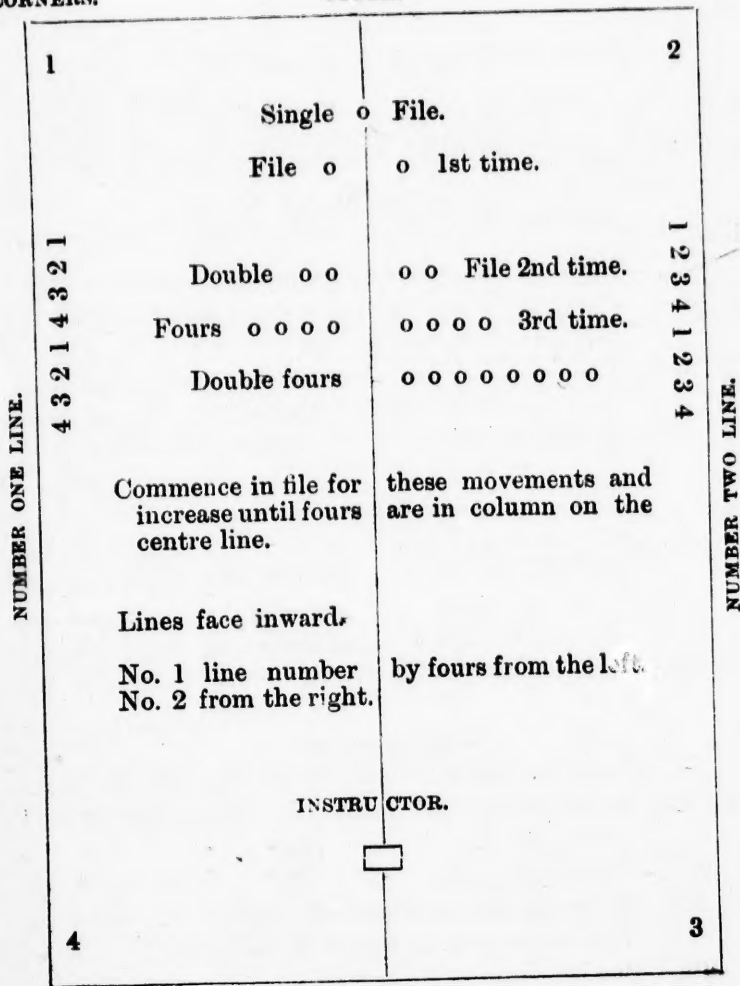
STAFF-SERGEANT. T. PARR,

Drill Master,

Normal School, Toronto.

CORNERS.

UPPER.



LOWER.

Wand Exercise.

1st Practice.

Waltz.—

- 1st.*—The wand at the ready position.
- 2nd.*—Carry the wand to a verticle at the left side, the left arm at the full extent.
- 3rd.*—Move to the right three steps at the same time, describe a half circle with the wand to the right.
- 4th.*—Back to the left, in three steps.

2nd Practice.

- 1st.*—The same movements as in the first practice, but the lines are to close to each other—that is, two or three lines to close on each other, and form one line on the eighth bar of the waltz.
- 2nd.*—And regain the first position on the sixteenth bar.

3rd Practice.

- 1st.*—Carry the wand to a verticle at the left side, right hand over the left, at the same time cross the foot over the left.
- 2nd.*—Position or ready.
- 3rd.*—Carry the left hand over the right to a verticle at right side, and left foot over the right.
- 4th.*—Ready.

4th Practice.

- 1st.*—Raise the wand with hands above the head, at the same time raise the left knee about ten inches.
2nd.—Ready.
3rd.—Raise the wand and right knee.
4th.—Ready.

5th Practice.

- 1st.*—Wand verticle at the left side.
2nd.—Wand horizontal to the left.
3rd.—Left hand over the right verticle.
4th.—Wand horizontal over the head.
5th.—Lower the left end to verticle at the right.
6th.—Lower the right end horizontal.
7th.—Lower the right end verticle.
8th.—Lower the left end horizontal.

6th Practice.

- 1st.*—Raise the right end under the arm the left end to the front, cross the right foot over the left.
2nd.—Ready.
3rd.—Raise the left end under the right end to the front, left foot to cross.
4th.—Ready.

7th Practice.

- 1st.*—Carry the right end of the wand under the left arm, cross the right foot over the left.
2nd.—Ready.
3rd.—The left end under the right, and the left foot across.
4th.—Ready.

8th Practice.

1st.—Place the wand in a diagonal position on the back, the right hand close to the right cheek, the left hand below the hip, at the same time lunge out to the right front, with the right foot.

2nd.—Ready.

3rd.—If in two lines—one line strike the other will guard—both lines lunge inwards.

4th.—Ready.

PARLOR QUARTER STAFF.

Guards—

Combatants stand facing each other, at two paces apart.

Position of * Guard—The wand is held in both hands, the back of the left hand down, the back of the right up; the left as high as the left shoulder, the right in line with the right hip.

Head Guard—Raise the wand above the head with both hands, the left end slightly higher than the right.

Guard—Back to guard.

2nd Guard—Raise the right end over the left, the right arm above the head, the left hand advanced to the left front, guarding the cheek and shoulder.

* Guard—Back to guard.

3rd Guard—Reverse the position of the 2nd guard, and guard the right cheek and shoulder, left hand above the right.

Guard—Back to guard.

4th Guard—Guard the left hip by lowering the right end of the wand and sliding the right hand up the left.

* Guard—Back to guard.

5th Guard—Reverse the position to guard the right hip.

* Guard—

6th Guard—The same as the fourth, but lower, to guard the knee, * Guard.

7th Guard—Reverse for the right knee, * Guard.

FORMATION AND ATTACKS.

Cuts—

The line will form in single rank at open distance, at full arm's length. Number from right to left, the odd numbers take two paces to the front and two paces left, close, turn about and cover on the even numbers.

The attacks are made with the lunge with the right foot.

(1)—Cut one is made at the head with the left end of the wand, the left hand sliding quickly down to the right.

(2)—Back to the position of guard.

(1)—Cut two, at the left cheek with the right end of the wand, right hand close to the left hand, cut horizontal.

(2)—Guard.

(1)—Cut three, at the right cheek with the left end, cut horizontal.

(2)—Guard.

(1)—Cut four, at the left hip, with the right end.

(2)—Guard.

(1)—Cut five, at the right hip.

(2)—Guard.

(1)—Cut six, at the left knee.

(2)—Guard.

(1)—Cut seven, at the right knee.

(2)—Guard.

DUMB BELLS.

1st Practice—

- (1)—Raise the bells to each shoulder, elbows in line with shoulders.
- (2)—Extend right and left.
- (3)—On the shoulders.
- (4)—Smartly down to the side.

2nd—

- (1)—Raise both bells above the head.
- (2)—Lower them to the shoulders.
- (3)—Extend right and left.
- (4)—To the side.

3rd—

- (1)—Above the head.
- (2)—On the shoulders.
- (3)—To the side.
- (4)—Extend right and left in line with shoulder.

4th—

- (1)—Twist the bells from the wrist downwards and upwards as quick as possible, raising them in a half circle outwards above the head, and then lower them in the same order to the side.

5th—

- (1)—Right bell on the right shoulder, left bell extended to the left.
- (2)—Reverse the position.
- (3)—Both extended right and left.
- (4)—To the side.

6th—

- (1)—Right bell above the head, left on the shoulder.
- (2)—Reverse.

(3)—Both extended.

(4)—To side.

P.S.—Above the head the arms at full length extend in line with the shoulders.

DUMB BELL EXERCISE, TWO PAIRS OF BELLS.

A pair to be held in each hand.

Place one pair down in front of the feet,  take a

pace to the rear of not less than 30 inches. Place

the second pair in rear of the heels  without turning the body.

1st—Half right turn and lunge with the left foot between the bells.

2nd—Bend over, take a bell in each hand and throw them out right and left in line with the shoulders, at the same time straighten the body up from the hips, the left knee well bent over the toe and counting in a high tone from one to eight (or more).

3rd—Bring the bells to the shoulders, lower them to the floor, and raise the toes; turn right about on the heels, and repeat the exercise with the rear bells.

4th—Turn about on the heels to the left.

5th—Take a bell in each hand, raising them to the shoulders; at the same time carry the left foot in line with the right, and extending the bells right and left in line with the shoulders.

6th—Lunge forward in the same position, bring the bells to the shoulders, and place them on the floor.

Waltz.

1st Practice.

- 1st. From the ready position carry the wand to a verticle position to the left.
- 2nd. Sway to the right, describing a half circle from left to right, and to the left.

2nd Practice.

Lines sway inwards, that is (one and two) close on each other, forming a single rank, on the eighth bar of the waltz, and open out to the same position as in the first position on the sixteenth bar.

3rd Practice.

Carry the wand to a verticle position to the left side, at the same time cross the right foot over the left.

4th Practice.

- 1st.—Raise the wand to the full extent above the head, with both hands, at the same time carrying the right foot to the front at an angle of 60°.
- 2nd.—To the *ready* position.
- 3rd.—Raise the wand and lift foot.
- 4th.—Ready.

5th Practice.

- 1st.—Wand verticle to left side.
- 2nd.— " horizontal to left side.

- 3rd.—Wand verticle to left side.
 4th.— " horizontal above the head.
 5th.— Lower the left end to verticle.
 6th.— " horizontal to right.
 7th.— " verticle to right side.
 8th.— To the *ready* position.

6th Practice.

- 1st.— Right end of wand under right arm. Cross right foot over left.
 2nd.— To position.
 3rd.— Left end under left arm. Left foot over right.
 4th.— To position.

7th Practice.

- 1st.— Right end of wand under left arm.
 2nd.— Right foot over left. Position.
 3rd.— Left end under right arm. Left foot over right.
 4th.— Position.

8th Practice.

- 1st.— Lunge to right, wand in verticle position at the back.
 2nd.— Position.
 3rd.— Odd numbers attack, even numbers defend.
 4th.— Position.
-

By Numbers.

1st Practice.

1st Part—

- (1)—Carry the right club up to the left shoulder, passing it behind the back, and down to the side.
- (2)—Raise the left club to right shoulder, etc., to side. (Or perform the same exercise with the *left* club, raising it to the *right* shoulder.)

2nd Part—

- (1)—Raise the right club as far as possible to the right, keeping the hand in line with the head.
- (2)—Swing the club down to the left and pass behind the back, out to the first position again. Repeat three or four times till the command *Halt* is given. Repeat with left club, extending it to the left.

3rd Part—

- (1)—Carry clubs.
- (2)—Extend the clubs to the right, the left forearm well over the head.
- (3)—Swing the left behind the back, and the right by the front. Repeat with right behind and left in front. Continue swinging till the command *Halt* is given.

2nd Practice.

1st Part—

- (1)—Turn the back of the right hand to the rear, raise the club to right shoulder, palm of the hand upwards, pass the club behind the back and down to the side.
- (2)—Repeat the same with *left* club, raising it to the *left* shoulder.

2nd Part—

- (1)—Extend the right club to the full extent of the arm to the right.
- (2)—Pass the club behind the back to the right again. Repeat with *left* club to left.

3rd Part—

- (1)—Carry clubs.
- (2)—Second position.
- (3)—Swing the right behind, the left down, and then the left behind and right down. Continue swinging until the command *Halt* is given.

3rd Practice.*1st Part—*

- (1)—Place both clubs behind the back keeping the hands close to the shoulders.
- (2)—Turn the shoulders a little to the right and throw the clubs off, turning to the left as you swing them up to the shoulder again. Turn to the right after the clubs are in the first position and repeat.

2nd Part—

- (1)—Place clubs on the shoulders as before.
- (2)—Throw them off and turn, but do not allow them to touch the shoulders as they come up; throw them well to right, rear of shoulders, turning quickly to the right, swinging them up in a vertical position in the rear, forming an ellipse.

4th Practice.*1st Part—*

- (1)—Place both clubs behind the back with hands on shoulders.
- (2)—Extend the left horizontally to the right as high as the shoulders.
- (3)—Raise the right in a vertical position above the right shoulder. Swing both down by the front from right to left. (The left club to position before the right. Repeat.) Let the right club follow the left, which should be replaced on the shoulder before the right.

2nd Part—

In place of resting at the back make them ellipse alternately, *or* (repeat the same without letting the clubs touch the shoulders so as to make them form alternate ellipses).

5th Practice.*1st Part—*

- (1)—Extend both clubs outwards as high as the shoulders holding them vertically.
- (2)—Cross clubs on the chest.
- (3)—Lower them in front and carry them out to the first position.
- (4)—Ellipse inwards.

2nd Part—

Perform the exercise without pausing for numbers.

6th Practice*1st Part—*

Both clubs over the shoulders :—

- (1)—Swing the right club over to the left, down by the front and up to the shoulder again.
- (2)—Similarly, the left club to the right, etc.

2nd Part—

- (1)—Carry clubs.
- (2)—Swing the right club over to the left, at the same time make an ellipse at the back with the left, swinging the right by the front, and ellipse with the right in rear, swinging the left over to the right, and ellipse in rear.

7th Practice.*1st Part—*

- (1)—Both clubs extended outwards vertical.
- (2)—Lower and cross, upwards and outwards to vertical position.
- (3)—Ellipse outward. Repeat.

2nd Part—

- (1)—Continue the movements in Part I. without pausing for numbers.

8th Practice.

BOTH CLUBS OVER THE SHOULDERS

1st Part—

- (1)—Swing the right to the right by the front, down to the left and over to the right shoulder.
- (2)—Similarly the left to the left, etc.

2nd Part—

- (1)—The right to ellipse behind the back, and the left to swing from left to right by the front and ellipse in rear, repeating.

9th Practice.

CLUBS AT THE BACK.

1st Part—

- (1)—Swing the right club as in 8th Practice.
- (2)—Ellipse outward with left.

2nd Part—

Swing the right as in 8th and at same time ellipse with left.

10th Practice.

1st Part—

- (1)—Clubs at back, swing the left over to right and down to left shoulder.
- (2)—Ellipse the right outward.

2nd Part—

Combine the two movements Part I.

11th Practice.

1st Part—

- (1)—Extend both clubs to the front.
- (2)—Ellipse twice forward outside of arms.
- (3)—Ellipse twice inside.
- (4)—Ellipse right out, left in.
- (5)—Ellipse right in, left out. Repeat.

12th Practice.**CLUBS ON SHOULDERS.****1st Part—**

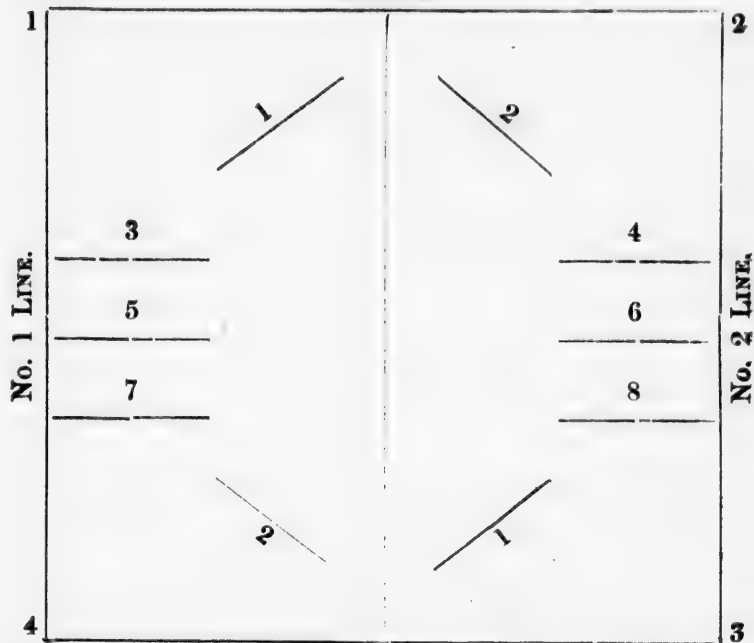
- (1)—Describe a circle over to the right, with left club, to shoulder again.
- (2)—Swing both clubs to right and complete a circle.

2nd Part—

Swing them alternately, making them ellipæ in rear.



No. 1



No. 2

No. 1 in line, -2 turn.



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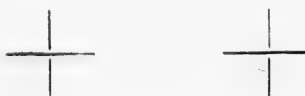
No. 3

Circle in the Centre.



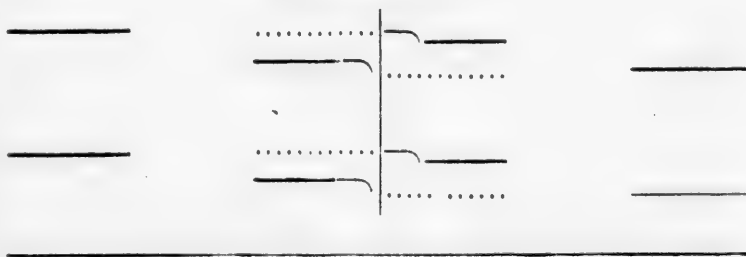
No. 4

Circle at Corners



No. 5

Inwards turn.



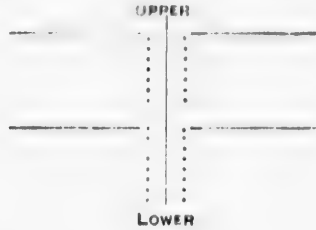
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No. 2 LINE.

3

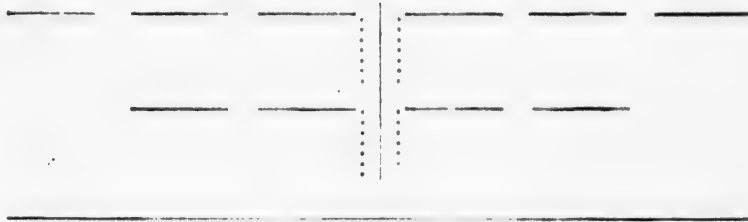
No. 6

Into File. Reform Fours at upper end and reform into File.



No. 7

Double Sections of Fours into File.



No. 8

Circle and to Corners—Repeat.



No. 9**Rear Counter into File.**

(.....)	(.....)
(.....)	(.....)

No. 10**Rear Counter to Reform Fours.**

(.....)	(.....)
(.....)	(.....)

No. 11**Right Counter to Side-Form Fours.**

(.....)	(.....)
(.....)	(.....)

No. 12

Double Fours to Circle 1st to left, 2nd to right.

—	—2
—	—1
—	—2
—	—1

Fancy Drill Notes.

1. A movement from the corners in fours oblique. All movements repeated.

2. No. one, into line. No. two, turn inwards, advance to centre, pass to opposite sides. No. one, wheel, fours left. No. two, turn into column of fours, come down the centre, and No. two, wheel into line. No. one, turn into file from the sides.

Sections in line must have an interval of 27 inches from the other Section, so that those in file can pass.

3. Sections describe a circle outwards in 12 or 16 paces.

4. Leading Section circle at the corner, taking all Sections in rear, forming so many points like a star.

5. Down the centre in fours, turn inwards and pass to sides, turn into fours and come down the centre. Repeat.

6. Down the centre, the centre files forward, the others inwards, turn and form file, form fours at upper centre, repeat on the centre line.

7. In this movement let the second line be stronger than the first line, they turn into file from the centre as in No. 6.

✓ 8. The Sections come down the centre and wheel to the left in double fours, that is, a complete circle as in No. 4, taking in all the sections in rear and forming as many points as double sections.

9. The Sections turn outwards and wheel about to the rear, meet and form file, come to the centre and repeat.

10. The same as No. 9, but in place of forming file form fours and repeat.

11. Outwards turn from fours about wheel to opposite sides, turn into fours, come down the centre and repeat.

12. Come down the centre in single fours. No. one, line of fours wheeling to the left. No. two, line to right, second time. No. one, to right. No. two, to left.

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